



Discover the Power, History, and Heaven Pulsating in This Crucial Liturgical Chant

Have you ever, in the middle of Mass, right after the priest says *“Through Him, with Him, and in Him...”*, felt that shiver when the entire assembly erupts in a powerful chant: **“Holy, Holy, Holy...”**? It is not a mere musical interlude. It is a bridge stretched between earth and heaven, an echo of eternity resonating in our present moment. Today, dear brother, dear sister, let us delve into this sublime moment: the **Chant of the Holy (Sanctus)**.

We Do Not Sing Alone: The Cosmic Stage

Imagine the scene described by the prophet Isaiah, one of the most awe-inspiring visions in the Bible:

*“In the year that King Uzziah died, I saw the Lord sitting upon a throne, high and lifted up; and the train of his robe filled the temple. Above him stood the seraphim. Each had six wings: with two he covered his face, and with two he covered his feet, and with two he flew. And one called to another and said: ‘**Holy, holy, holy is the Lord of hosts; the whole earth is full of his glory!**’” (Isaiah 6:1-3).*

This is the origin. The **seraphim** (fiery angels of purification) ceaselessly proclaim the absolute holiness of God. Saint John, in Revelation, shows us that this praise is perpetual in heaven:

*“And the four living creatures... **day and night they never cease to say, ‘Holy, holy, holy, is the Lord God Almighty, who was and is and is to come!’**” (Revelation 4:8).*

What Do We Do When We Sing the “Holy”?

We join them! In that precise moment of the Mass, during the **Eucharistic Prayer**, the liturgy allows us to do something astonishing: **break the barriers of time and space to unite our voices with the unceasing choir of angels and saints who adore God on**



His heavenly throne. We are not spectators. We are **active participants** in the liturgy of heaven. Earth and heaven merge into one voice of praise. The “Holy” is the cry of redeemed Creation recognizing its Creator and Redeemer.

Unpacking the Text: Word by Word, Cry by Cry

The text we sing or recite is a powerful synthesis of these biblical visions:

Holy, Holy, Holy Lord God of hosts.

Heaven and earth are full of your glory.

Hosanna in the highest.

Blessed is he who comes in the name of the Lord.

Hosanna in the highest.

- **“Holy, Holy, Holy” (Sanctus, Sanctus, Sanctus):** The triple repetition is fundamental in the Judeo-Christian tradition. It is not just emphasis. It is a **profound allusion to the Most Holy Trinity** (Father, Son, and Holy Spirit). It proclaims the absolute, unique, transcendent, and ineffable holiness of God. It is a cry of awe before the Divine.
- **“Lord God of hosts” (Dominus Deus Sabaoth):** “Sabaoth” means “armies” or “hosts.” It is not a God of war, but the **Lord of all the heavenly armies (angels) and of all that exists**. He is the sovereign God, Creator and Sustainer of all. We acknowledge His total dominion.
- **“Heaven and earth are full of your glory” (Pleni sunt caeli et terra gloria tua):** The glory of God (His powerful presence, His splendor, His manifested holiness) **is not confined to heaven**. It permeates all creation. The earth, here and now, is also a place of His manifestation. This verse opens our eyes to see the sacred in the everyday.
- **“Hosanna in the highest!” (Hosanna in excelsis):** “Hosanna!” is a Hebrew cry meaning **“Save us, we pray!” or “Save us now!”**, but it evolved into becoming a **shout of jubilation and acclamation**, like the one the crowd used on Palm Sunday when welcoming Jesus (Matthew 21:9). By shouting “Hosanna in the highest!”, we unite our joy with that of the angels and that crowd, acclaiming the Savior *here and now*.
- **“Blessed is he who comes in the name of the Lord” (Benedictus qui venit in nomine Domini):** This is the **prophetic and Christological climax**. Taken directly from Psalm 118:26, used to welcome pilgrims and kings, the Church applies it with full force to **Jesus Christ**. Who is “he who comes”? It is Jesus! And He comes in a unique



and real way at every Mass: **in the Eucharist**. It is the joyful acclamation of Christ who becomes present on the altar under the species of bread and wine. It is the proclamation that the awaited Messiah *has come* and *continues to come* to us.

- **Repetition of “Hosanna in the highest!”:** Jubilation erupts again, reinforcing the acclamation of Christ who comes. It is a cry of victory and hope.

Practical Pastoral Guide: How to Live the “Holy” to the Fullest

This chant is not meant to be “listened to.” It is meant to be **LIVED**. I offer you this guide to transform every “Holy” into a profound spiritual experience:

1. **Prepare for the Moment (During the Preface):** The Preface is a prayer of thanksgiving that culminates by inviting us to join the heavenly choirs. Listen to it actively! Let its words dispose you to awe. The Preface’s final phrase (“...we sing the hymn of your glory”) is your signal: now is the time!
2. **Stand Up with Intention:** The standing posture is not mere formality. It is a symbol of **resurrection, respect, and readiness for action**. Stand up consciously, like someone preparing for a transcendent encounter.
3. **Lift Your Heart and Voice (SING!):** If you can, **SING**. Singing expresses the soul’s joy in a unique way. If you cannot sing, **PROCLAIM IT** with inner strength and conviction. Do not mumble. Declare. Let it be a unanimous cry of faith from the community. Your individual voice merges into the voice of the Church.
4. **Visualize the Heavenly Union:** Close your eyes for a moment as it begins (if it helps you). Remember Isaiah, remember Revelation. **Imagine, with the eyes of faith, the angels and saints beside you, singing with you**. Feel that this chant pierces the church ceiling and reaches God’s throne. You are not alone; you are part of a countless multitude.
5. **Meditate on Each Word as You Say/Sing It:** Do not repeat mechanically. When you say “Holy, Holy, Holy,” think of the Trinity. When saying “Lord God of hosts,” acknowledge His power over your life and the world. When proclaiming “Heaven and earth are full...,” open the eyes of your soul to see His glory all around you. When shouting “Hosanna!”, supplicate and rejoice for the salvation that comes in Christ. When acclaiming “Blessed is he who comes...,” **look at the altar with faith: It is He! Jesus comes to you!**
6. **Focus on Christ Who Comes:** The “Blessed is he who comes” is the center. All the Trinitarian and angelic praise converges on **Christ Eucharistic**. Direct your heart intensely towards Him at this moment. It is the immediate preparation for the most sacred moment: the Consecration.
7. **Let It Resonate Within You:** After the final “Amen,” keep a brief moment of interior



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silence. Let the vibration of the praise and the presence of Christ, acclaimed by you and by heaven, permeate your being. Do not mentally turn the page immediately.

The “Holy” in Your Daily Life: Beyond the Mass

The experience of the “Holy” must not remain confined to Sundays. It is a model for your spiritual life:

- **Recognize the Holiness of God:** Practice awe before creation, before goodness, before life itself as a reflection of His glory. Say often: “Holy are You, Lord!”
- **Unite Yourself to the Communion of Saints:** Live consciously aware that your prayer, your struggle, your joy, are united to those of the Church militant (on earth), suffering (in purgatory), and triumphant (in heaven). You are not alone on your journey of faith.
- **Acclaim Christ Who Comes:** Await Christ not only in the Eucharist, but in every brother, in daily events (joyful and sorrowful), and in His glorious coming at the end of time. Live with the attitude of “Maranatha! Come, Lord Jesus!” (Revelation 22:20).
- **Proclaim with Your Life:** May your whole life be a continuous “Hosanna,” a joyful witness of the salvation you have received and the hope that sustains you. Be a reflection of the glory that fills heaven and earth.

Conclusion: The Echo of Eternity in Your Today

Next Sunday, when you hear the first notes or the first words of the “Holy,” remember: **You are not starting a chant; you are entering one that never ceases.** You are uniting your weak but faith-filled voice to the mighty torrent of praise that springs from the heart of the seraphim, the saints, the Church of all times. You are recognizing the Thrice-Holy God, whose glory floods the cosmos. And you are acclaiming, with a jubilation that shakes the foundations of the everyday, Him who comes: **Jesus Christ, the Savior, present on the altar, present in your brother, present in your life.**

Let that “**Holy!**” not be just a word in a book, but the cry of your soul thirsting for God. Let that “**Hosanna!**” be your cry of hope amid daily battles. And above all, when you say “**Blessed is he who comes in the name of the Lord!**”, do it with the eyes of your heart wide open to recognize and receive Him. Because in that instant, brother, sister, **heaven touches earth, and you are in the midst of it, united to the eternal choir.**

Holy, Holy, Holy Lord God of hosts! Hosanna in the highest!